

# Public Health

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# NEWSLETTER

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## MARCH 2025

**2024**

RECAP


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**2025**

HEALTH PROMOTION  
ENVIRONMENTAL HEALTH  
OCCUPATIONAL SAFETY & HEALTH

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**WHAT'S NEW?  
WHAT'S NEXT?**

 *UiTM KAMPUS PUNCAK ALAM*

**ISSUE 5**

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# WELCOME MESSAGE

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

As we enter 2025, our commitment to advancing public health remains unwavering.

With the collective efforts of our Environmental Health, Occupational Safety & Health, and Health Promotion Units, we are ready to make a meaningful impact.

Strengthening policies and community engagement will remain our priorities as we work toward a healthier, more resilient society.

This newsletter provides a platform to reflect on our progress, updates and outline the direction of Department of Public Health Medicine, Hospital Al-Sultan Abdullah (HASA), UiTM.

Thank you for your support and commitment. We look forward to a productive and impactful year ahead to contribute more success to HASA, UiTM.



Dr. Zahir Izuan Azhar  
Head, Department of Public Health Medicine

# 2024 RECAP

A Year of Progress and Achievements



## Strengthening Community Health Engagement

The Masyarakat Sihat program continues to be a cornerstone of our community outreach efforts, promoting health awareness and preventive care among the public. In 2024, we successfully organized four series (the 2nd to 5th editions), each focusing on critical healthcare themes:



[2nd & 3rd Series]

Addressed non-communicable diseases (NCDs) such as Diabetes Mellitus, Hypertension, Dyslipidemia, and Obesity, raising awareness among the local community.





**[4th Series]**

Focused on geriatric medicine, emphasizing healthy aging and elderly care.



**[5th Series]**

Highlighted NCDs among the younger population, aligning with a Sports Carnival to promote active and healthy lifestyles.

Through these initiatives, Masyarakat Sihat continues to foster health-conscious communities, equipping individuals with knowledge and resources for better well-being. We look forward to expanding our outreach in 2025.



## HASA HEALTHY LIFESTYLE CAMPAIGN

### Promoting Workplace Wellness



Launched in 2024, the HASA Healthy Lifestyle Campaign (LIFE) aims to foster a healthier workplace by encouraging active living and reducing sedentary behavior among staff. This initiative introduced several engaging and sustainable health programs:



Challenge to motivate staff to achieve an average of 10,000 steps daily.



Encouraged stair usage over elevators for daily movement.



Multiple five-minute videos of office exercises to counter prolonged sitting.





A structured weight management program for healthier lifestyles organized by Department of Dietetics.



Trained staff as Public Service Announcer for health promotion.

# 2024 RECAP

A Year of Progress and Achievements

## ENVIRONMENTAL HEALTH

Food Safety & Quality



### Hand Washing Techniques Workshop for Food Handlers:

Educating food handlers on proper hand hygiene to prevent foodborne illnesses.



### Support to Local Authorities (MPKS):

Assisting in the grading of food premises to ensure compliance with safety standards.



### HACCP Workshop:

Participating in workshops on the Hazard Analysis and Critical Control Points (HACCP) system, a globally recognized method for food safety management.



### Enforcement of Business Licenses:

Collaborating with Majlis Perbandaran Kuala Selangor (MPKS) to ensure the proper enforcement of business licenses for food establishments.



## Waste Management



Recycle Webinar successfully brought together UiTM staff from branches across Malaysia, fostering awareness on sustainable waste management and promoting recycling initiatives for a greener future!

## Hazardous Materials Management



### Hazardous Material Inspections:

To ensure proper storage, handling, and management of hazardous materials in compliance with approved standards and regulations.



### Site Visits to Waste Management Facilities:

- i- Laundry Soiled Linen HASA
- ii- Incinerator Plant (Restu Ibu Am Enterprise)
- iii- Radicare Teluk Panglima Garang

# 2024 RECAP

A Year of Progress and Achievements

## OCCUPATIONAL SAFETY & HEALTH



**February - June**

### **PPE Safety Talk and Fit Testing Series**

Five-part Fit Mask Testing program for clinical staff, focusing on departments with high-risk exposure, including Pharmacy, Clinical Diagnostic Lab, Daycare Treatment, Hemodialysis, and CSSU, aimed to enhance staff competency in using protective masks to minimize exposure to infectious diseases and hazardous chemicals.



**7 May 2024**

### **OSH Day HASA 2024 “Preventing Bullying at the Workplace”**

Officiated by Dr. Izzat Ismail, this event has raised awareness about workplace bullying, encouraged open discussions and strategies to foster a safe and respectful work culture.



**March - December 2024**

### **Occupational Safety and Health Audit (Audit KKP)**

OSH conducted a comprehensive safety and health audit across 38 departments throughout the year. This initiative strengthened safety culture and encouraged proactive measures in workplace safety management, ensuring compliance and continuous improvement.





**27 August 2024**  
**Launching of**  
**Violence Awareness**  
**Posters**

To address workplace violence, OSH displayed posters in 10 high-risk locations like information counters, reception areas, wards, and clinics. These materials reinforce HASA's zero-tolerance policy on workplace violence.



**6 July 2024**  
**Anugerah**

**Keselamatan dan Kesihatan**  
**Pekerjaan Negara**  
Hospital Al-Sultan Abdullah  
UiTM was audited by the  
National Council for  
Occupational Safety and  
Health (NCOSH) for the 2023  
National OSH Award.  
Through the collaborative  
efforts of management, staff,  
the concession company, and  
auditors, the audit was  
conducted smoothly.



**29 October 2024**  
**Installation of**

**Floor-Level Warning Posters**  
In response to fall incidents, OSH installed warning posters in areas with uneven flooring, including the Rehabilitation Medicine entrance, Warga Clinic pathway, Maternity Hall walkway, and Loading Bay.

**July – December 2024**

**Influenza Vaccine Delivery Series**

A total of seven influenza vaccine delivery sessions were conducted during hospital events like World OSH Day, World Pharmacy Day, and Open Counter Day, along with visits to clinical departments to set up mobile counters. Through these efforts, 350 influenza vaccine doses were successfully administered to frontline staff, underscoring HASA's commitment to employee health and safety.



# 2025

Shaping Tomorrow: Public Health in Action 2025



## **Masyarakat Sihat 6th Series: Prioritizing Mental Health in the Workplace**

The 6th series of Masyarakat Sihat was successfully held at Pfizer HQ Office in Bangsar, focusing on workplace mental health under the theme "Strong Minds, Stronger Team; Healthy Minds at Work."

This initiative aimed to address mental well-being among employees and foster a supportive work environment.

The half-day program featured:

- Individualized mental health screenings
- Private one-to-one consultations with professionals
- Engaging mental health games and quizzes
- Relaxation Therapy by Clinical Psychologist



With nearly 90 staff members participating, including strong support from Pfizer's top management, the event reinforced the importance of mental well-being in professional settings. The success of this session highlights the growing commitment to prioritizing mental health at the workplace.



# **NAK SIHAT**

## **Introducing *Nak Sihat*: Health Education Infographics Series**

Launched in 2025, *Nak Sihat* is a new health education infographics series to deliver clear, engaging, and evidence-based health messages to the public.

### **Two Key Focus Areas:**



#### **General Health Messages**

Covering topics like nutrition, mental well-being, disease prevention, and healthy living.



#### **Collaborative Messages**

Partnering with clinical departments to highlight key health observances, such as:

World Cancer Day (Oncology Dept.)  
&

World Kidney Day (Nephrology Unit)  
and more upcoming collaborative partners.

*Nak Sihat* infographics will be shared via hospital digital screens, email, website and social media to maximize public engagement and to make health information accessible and impactful.

**Stay tuned for upcoming releases and join us in building a healthier community!**

# 2025

Shaping Tomorrow: Public Health in Action 2025

## ENVIRONMENTAL HEALTH

### Food Safety & Quality



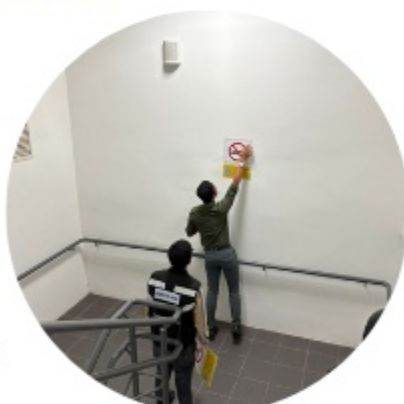
#### Risk-Based Food Premise Inspection:

To ensure food safety by prioritizing inspection based on the level of risk associated with food premises. In HASA the inspection is conducted quarterly to ensure the cleanliness of food premises is maintained at an optimal level and complies with the Food Act 1983.

### Investigation & Legislation



DILARANG MEROKOK



To maintain a clean and healthy environment, Hospital Al-Sultan Abdullah actively enforces the smoking ban through routine inspections, the installation of No Smoking/ *Dilarang Merokok* signage, and the issuance of official warnings to offenders.

This initiative aims to protect patients and visitors from cigarette smoke exposure while promoting a smoke-free lifestyle in line with public health policies.



## LiLaTiN Control



The Health Inspectorate (IK) of the Environmental Health Unit at Hospital Al-Sultan Abdullah actively works to eliminate potential breeding grounds by removing stagnant water and cleaning high-risk areas. This initiative aims to prevent the spread of infections such as dengue, enhance environmental cleanliness, and create a safer, more comfortable hospital environment for patients, visitors, and staff.

## Waste Management



Routine waste storage inspections at Hospital Al-Sultan Abdullah involve comprehensive cleanliness monitoring, including ensuring waste bins are properly closed, waste is segregated by type (clinical, chemical, domestic, and recyclable), and any excess or improperly stored waste is promptly removed. These inspections also help identify potential breeding grounds for disease vectors such as rodents and insects. This proactive approach prevents the spread of infections, reduces unpleasant odors, and supports a clean, safe, and comfortable hospital environment for all.



# 2025

Shaping Tomorrow: Public Health in Action 2025

## OCCUPATIONAL SAFETY & HEALTH

OSH's Ongoing Efforts for a Safer and Healthier Workplace



### Tuberculosis Contact Tracing and Health Surveillance

24 January 2025 - Following the first reported case of tuberculosis (TB) involving a staff member from the Forensic Pathology Department, the OSH Unit swiftly initiated a workplace investigation.

Eighteen close contacts were identified and screened through Mantoux Tests to detect any potential TB infection. This proactive approach is part of OSH's ongoing efforts to prevent the spread of infectious diseases and ensure a safe work environment. Surveillance will continue for these contacts over the next nine months, with no active TB cases detected so far.







### **OSH Training & Talk**

February 2025 – Throughout February, the OSH Unit actively contributed to enhancing safety awareness and education through various training sessions and talks. Cik Norfaizah, the Safety & Health Officer, was invited by the RMCQ Department to deliver an OSH introduction during their departmental seminar, emphasizing the importance of occupational safety and health practices. In addition, Dr. Muhammad Kamil, the Occupational Health Doctor, spoke at the Phlebotomy Workshop organized by the Nursing Department, focusing on safe sharp handling practices. This workshop is a vital part of ensuring safe phlebotomy techniques and is a mandatory requirement for nurses' credentialing and privileging at HASA. Through these initiatives, OSH continues to foster a culture of safety and professional excellence across the hospital



### **Medical Report Review and Health Screening for New Staff and Candidates**

In collaboration with the Human Resource Management Department (JPSM), the OSH Unit conducts routine health screenings for job candidates and new staff members. These screenings assess the health status of candidates before they begin their duties, ensuring they are fit to work, particularly in clinical environments. So far, 167 candidates have undergone quick health screenings, and 29 new staff members have completed their medical report reviews. Comprehensive assessments are also provided for staff with medical conditions, underscoring OSH's commitment to staff well-being and safety.

# What's New?

## Keypoints on Act 342 Amendment Bill

**14 October 2024**

**Prevention and Control of Infectious Disease Act 1988 (Act 342)**

1. Increased Penalties for Non-Compliance
2. Enhanced Powers for Health Authorities
3. Mandatory Notification of Infectious Diseases
4. Digitalization and Use of Technology as part of notification system
5. Public Health Measures for Pandemic Preparedness
6. Public Awareness and Education



**UNDANG-UNDANG  
MALAYSIA**

—  
VERSI DALAM TALIAN TEKS  
CETAKAN SEMULA YANG KEMAS KINI  
—

**Akta 342**

**AKTA PENCEGAHAN DAN  
PENGAWALAN PENYAKIT  
BERJANGKIT 1988**

*Sebagaimana pada 1 Jun 2017*





## Notifiable Communicable Disease Prevention and Control of Infectious Disease Act 1988 (Act 342)

We are pleased to introduce the new version of Communicable Disease Notification Poster, designed to streamline and enhance the process of disease reporting for healthcare professionals.

This latest version builds upon the previous iteration by providing comprehensive guidance on notification criteria, how to notify, and when to notify.

This poster serves as a quick-reference tool, ensuring that healthcare providers are equipped with the necessary information to promptly and accurately report communicable diseases.

By clarifying the notification process and expanding on key details, this resource aims to improve compliance, strengthen public health surveillance, and ultimately contribute to the timely management of disease outbreaks.



QR CODE FOR KUALA BELANGOR & MARANG FORMS (SPORON)

### NOTIFIABLE COMMUNICABLE DISEASES

PREVENTION AND CONTROL OF INFECTIOUS DISEASES ACT 1988 (ACT 342)



ORIGINAL FOR DOKTER BLANJEUR & MANUAL FORMS (SPKMAN)

WITHIN 24 HOURS

WITHIN 7 DAYS

ORIGINAL FOR DOKTER BLANJEUR & MANUAL FORMS (SPKMAN)

DISEASES	NOTIFICATION CRITERIA	HOW TO NOTIFY	WHEN TO NOTIFY	
ACUTE POLIOMYELITIS	LAB BASED	E-NOTIFICATION	CONFIRMED CASE	
CHRODONYA				
CHOLERA				
COVID 19	CLINICAL BASED		SUSPECTED CASE	
DENGUE FEVER				LAB BASED
EPHETERIA				
FOOD POISONING	CLINICAL BASED			
GONORRHOEA				
HIV/AIDS				
MALARIA	LAB BASED			
MEASLES				
MORBILLI				
PLAGUE	CLINICAL BASED			
YELLOW FEVER				
AVIAN INFLUENZA - H5N1/H9		E-NOTIFICATION + INVESTIGATION FORM		
EBOLA				
HERPES-COX				
JEKA VIRUS DISEASE		E-NOTIFICATION + ANNEX 1A/1B FORM		
RABIES				
RUBELLA				
ACUTE RABIES PARALYSIS		LAB BASED	MANUAL NOTIFICATION FORM (REV 2022) + APP INVESTIGATION FORM	SUSPECTED CASE
DOG BITE / ANIMAL BITE		CLINICAL BASED	ANNEX 1A/1B FORM	CONFIRMED CASE
DIARR		CLINICAL BASED	BORANG NOTIFIKASI EVALUASI SAMPARAN 1	SUSPECTED CASE
WETNOL POISONING	CLINICAL BASED	BORANG NOTIFIKASI KEBACUKAN WETNOL		

DISEASES	NOTIFICATION CRITERIA	HOW TO NOTIFY	WHEN TO NOTIFY	
CHANCROID	LAB BASED	E-NOTIFICATION	CONFIRMED CASE	
DYSENTERY				
VIRAL HEPATITIS				
LEPROSY	CLINICAL BASED		SUSPECTED CASE	
LEPTOSPIROSIS	LAB BASED			
PERTUSSIS	CLINICAL BASED			
RELAPSING FEVER	LAB BASED			
SYNUS	CLINICAL BASED			
TETANUS (NEONATAL & OTHER)				
THYRUS				
VIRAL HEPATITIS				
RUDEAS	LAB BASED	E-NOTIFICATION + REV. 97 FORM	CONFIRMED CASE	
TYPHOID / PARATYPHOID	CLINICAL BASED	E-NOTIFICATION (FOR SALMONELLA TYPHOID/PARATYPHOID)		
TUBERCULOSIS	LAB BASED	E-NOTIFICATION + TB MALLI		
BRUCELLOSIS		CLINICAL BASED	MANUAL NOTIFICATION FORM	SUSPECTED CASE
MUMPS				
RUBELLA CONGENITAL SYNDROME (CRS)				
MEASLES	LAB BASED	MANUAL NOTIFICATION FORM + INVESTIGATION FORM	CONFIRMED CASE	
SALMONELLOSIS	CLINICAL BASED	MANUAL NOTIFICATION FORM (FOR OTHER SALMONELLA SPECIES)		
INFLUENZA-LIKE ILLNESS	LAB BASED	MANUAL NOTIFICATION FORM		
ROTAVIRUS	LAB BASED			
OTHER COMMUNICABLE DISEASES (FROM TEXT)	CLINICAL BASED/LAB BASED	MANUAL NOTIFICATION FORM	CONFIRMED CASE/SUSPECTED CASE	

JABATAN PERKHIDMATAN KESIHATAN AWAM (JPKA) HOSPITAL AL-SULTAN ABDULLAH, UTM

03-3396 3000 EXT 54512  
MON-FRI (8AM-5PM)  
\*Weekend/Public Holiday, refer OpenKM

**Your Well-being, Our Priority:  
Confidential Mental Health Screening Now Open!**

**SMALL STEPS**  
**BIG IMPACT**

Scan here to start:

**UNDERSTAND YOURSELF BETTER**  
*take a moment for your wellbeing*  
**LET'S DO THE SCREENING !**

**PARTNER:**  
OCCUPATIONAL SAFETY & HEALTH UNIT  
DEPARTMENT OF PUBLIC HEALTH MEDICINE  
HOSPITAL AL SULTAN ABDULLAH UTM

**LIFE**  
HASA HEALTHY  
LIFESTYLE CAMPAIGN

The screening will be confidential and voluntary, with resources and guidance available for those who may need further support. By taking this step, we reaffirm our commitment to the well-being of our hospital staff, fostering a safer and healthier work environment for all.

**Your mental health matters. Let's take care of it together!**

For more information, feel free to reach out to the Occupational Safety & Health Unit, Department of Public Health Medicine.



# What's Next?



## HASA HEALTHY LIFESTYLE CAMPAIGN

May	June	July	August	September
<p><b>TAKE 5 FOR LiFE</b></p>	<p><b>Campaign</b> Dietary Fibre <b>Campaign</b> Walk for LiFE</p>	<p><b>Webinar</b> Healthy Eating</p>	<p><b>STEPS FOR LiFE</b> <b>Campaign</b> Zero Sugar</p>	<p><b>Webinar</b> Let's Talk Healthy Mind at Workplace</p>



January - December

### LiFE In Collaboration With:

Department of Corporate Communication  
 Department of Infostructure  
 Department of Infrastructure  
 Department of Dietetic  
 Kelab Sukan & Kebajikan Kakitangan HASA  
 Department of Rehabilitation Medicine  
 Department of Psychiatry  
 Nephrology Unit  
 Department of Oncology





### Join Our Recycling Program! 🌱 Go Green, Save the Earth! 🌱

We are excited to launch our Recycling Program and invite all staff to be part of this meaningful initiative! This program kicks off during **Townhall Series 2** and will continue throughout the year in every HASA Townhall session.

#### What Can You Recycle?

- Paper (documents, newspapers, magazines)
- Plastic (bottles and containers)
- Aluminum cans
- Glass (bottles and jars)
- E-waste (batteries, small electronics)

#### Why Participate?

- ✓ Reduce waste and minimize pollution
- ✓ Create a cleaner and greener workplace
- ✓ Support the hospital's sustainability efforts

🌍 **Let's take action!** Bring your recyclable items to the next townhall session and be part of a positive change. **Together, we can make a difference!**





### Influenza Vaccine Delivery 26 March 2025

Kicking off the year with a strong commitment to staff health, the OSH team will roll out the annual influenza vaccine drive.



### World OSH Day Celebration May 2025

This year's World OSH Day promises to be bigger and better! With a lineup of engaging activities, insightful talks, and interactive exhibits, we'll celebrate safety culture and raise awareness on the importance of maintaining a safe and healthy work environment.



### HIRARC Workshop 11 April 2025

Get ready to sharpen your safety skills! This hands-on workshop on Hazard Identification, Risk Assessment, and Risk Control (HIRARC) will empower participants to proactively manage workplace risks and enhance safety practices across the hospital.



### Code Brown Workshop August 2025

The Code Brown Workshop will equip staff with essential knowledge and skills to manage hazardous material incidents, ensuring a swift and coordinated response to any emergency.





# Editorial Team

## AUTHORS

Dr Zahir Izuan Azhar  
AP. Dr Siti Sara Yaacob  
Dr Mohamad Ikhsan Selamat  
Dr Kamarulzaman Muzaini  
Dr Afdhal Afik Abd Jalil  
Dr Nurnadiah Derahim  
Dr Muhammad Kamil Kamaruddin  
Muhammad Akram Mat Radzi  
Norfaizah Jatlee  
Nor Rasidah Ibro  
Muhammad Syamim Roselan  
Nurul Najwa Muhammad Rahimi  
Nurul Shafiqah Mhd Basri  
Nurul Izzati Abdullah  
Umairah Izzati  
Azwani Arif



Brought to you by:

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+603-3396300 (ext 14512)



+603-33963500



jpka.hasa@uitm.edu.my



@jabatanperubatankesihatanawam



@jpka.hasa